Weight Watchers®

Electronic Food Scale

with ***PointsPlus***™ values database

Weighing your favorite foods and calculating their ***PointsPlus***™ values couldn't be easier!

U S E R G U I D E

Congratulations! You now own the **Weight Watchers® Electronic Food Scale** - the only scale designed to weigh foods, and give you accurate ***PointsPlus*™** values.

Using your scale couldn't be easier. First of all, your scale already has the names of over 500 popular foods stored in it. Plus, you can even add your own favorite foods right into the scale's memory. You can also calculate ***PointsPlus*** values for recipes that you prepare, using the new RECIPE BUILDER feature. It's simple to set up and easy to use.

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IMPORTANT TO KNOW...
before using your scale

DO...

- ☑ Store your scale securely, making sure it's locked when it's not being used. To lock the scale, see ***Unlocking and Locking the Weighing Platform*** on page 4. Locking the scale between uses will help protect the weighing platform, which is very delicate. If excess pressure is put on the platform, the scale may no longer work.
- ☑ Clean your scale platform between food weighings with a damp cloth.
- ☑ Be sure to lock the scale before cleaning the platform to prevent overloading from excessive pressure.

DO NOT...

- ☒ Overload the scale. Make sure the items you place on the platform do not exceed 3kg (6 lbs., 9.8 oz) or the scale will no longer work. Excessively pressing on the weighing platform or placing the scale upside down may cause damage.

PLEASE NOTE: any damage caused by such overloading will not be covered by your warranty.

- ☒ Immerse the scale in water or put it in a dishwasher, as this may cause it to malfunction.

SETTING UP YOUR SCALE
Loading the Battery

1. To insert the battery, turn the scale over, being careful not to press down on the weighing platform.
2. Press and push the battery cover on the base of the scale to remove.
3. Load the battery into the battery compartment.
4. Make sure that the positive and negative ends are facing correctly *(see diagram inside battery compartment)*, and that the ribbon is under the battery. This makes it easier to remove the battery.
5. Replace the battery compartment cover, making sure that it closes securely and clicks shut.

Unlocking and Locking the Weighing Platform

1. Your scale will need to be unlocked before you can weigh any item.
2. To unlock your scale, turn it over, being careful not to press down on the weighing platform.
3. You will see a small switch under the locked padlock. Move the switch position to unlock and lock platform.

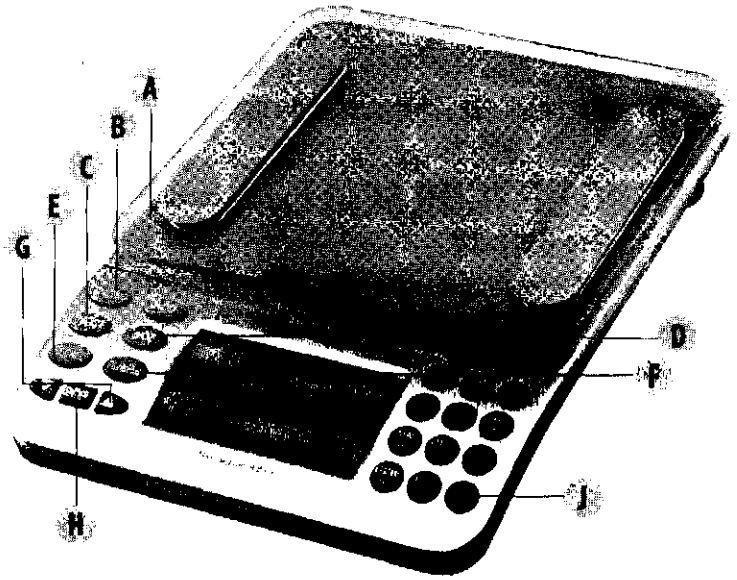
NOTE: Make sure you lock the platform before storing or traveling with the scale. This will prevent it from inadvertently becoming overloaded.

YOUR SCALE HAS A 3KG (6 LBS, 9.8 OZ) MAXIMUM WEIGHT

Screen and Platform Protector

1. You will find a plastic strip positioned over the screen. Peel off the strip and discard it.
2. There is a plastic peel-off sticker protecting the scale platform. Peel this off too, and throw it away.

USING YOUR SCALE



Key by Key

A (Platform) You can place food directly on the platform, or use a bowl or plate

B (**ON/ZERO**) Turns on the scale. If scale is already on, this button will return the weight to zero

C (**INPUT**) Use this to calculate the ***PointsPlus***™ value of a food, using the information from its Nutritional Facts panel

D (**g/oz**) Switches the unit of measurement between grams and ounces

E (**RECALL**) Brings up favorite foods stored in memory

F (***PointsPlus***) Finds the ***PointsPlus*** values of foods listed in the database

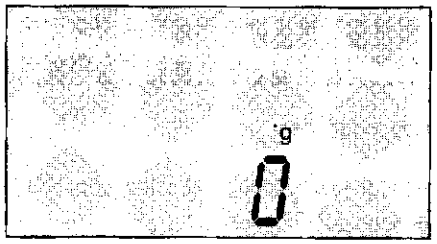
G (Arrows) Scrolls through the Food List to find your food

H (**ENTER**) Confirms an entry

J (**CE**) Clears last entry. Hold down for 3-5 seconds to clear *Recipe Builder* memory

Turning on the Scale

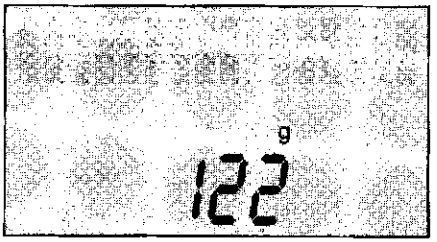
1. Press the **ON/ZERO** button to turn on the unit. The display will read 0g:



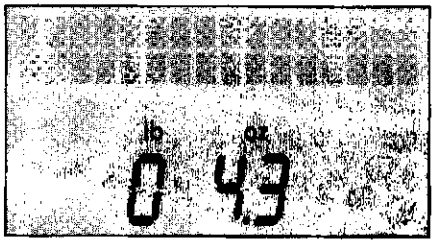
NOTE: Your scale will automatically turn off after 2 minutes of not being used.

WEIGHING YOUR FOOD

1. Place the food directly on to the scale platform.
2. The screen will display the weight of the food.



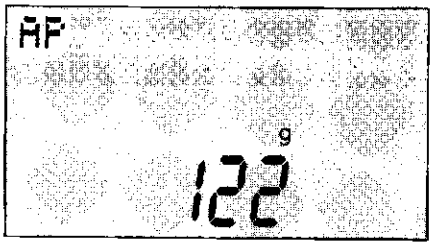
3. You can press **g/oz** to switch between grams and ounces at any time.



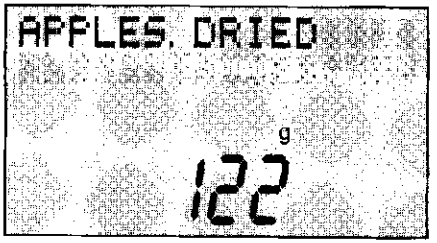
FINDING THE *PointsPlus*™ VALUE OF A FOOD LISTED IN THE SCALE'S DATABASE

Use this function to help you find the accurate ***PointsPlus*** values for the portions that you weigh. Your scale has over 450 commonly eaten foods listed in its database. If you want to calculate the ***PointsPlus*** values of dishes with multiple ingredients, use *RECIPE BUILDER* on page 10.

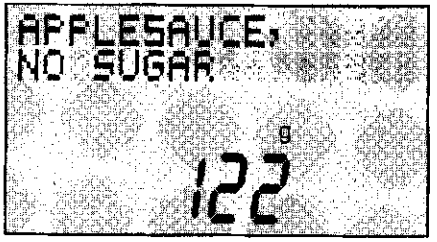
1. After placing food on the platform, use the alphabetical keys to enter the food name. You can use as few, or as many, letters as you want to search for the food name.



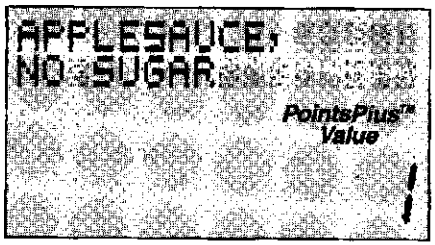
2. Press **ENTER**. This will take you to the first entry in the Food List that uses these letters.



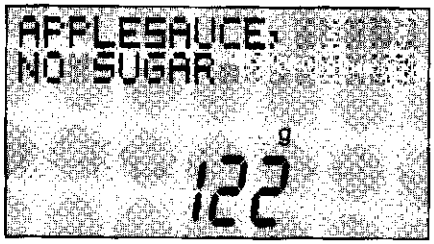
3. Use the arrows to scroll through the Food List until you find your food. Hold down the arrows to scroll quickly.



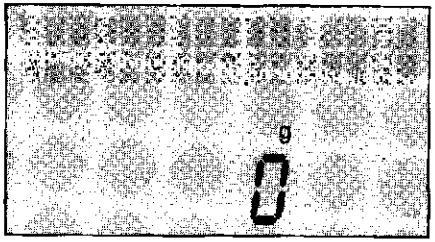
4. Press ***PointsPlus™*** button to see the ***PointsPlus*** value of the food.



5. Press ***PointsPlus*** button to switch between viewing the ***PointsPlus*** value and the weight.

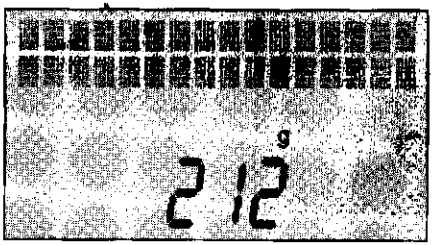


6. To clear the entry and use the scale to weigh another food, press **CE** and remove item from platform.

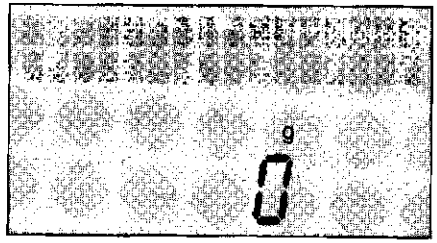


WEIGHING YOUR FOOD WITH A BOWL OR PLATE

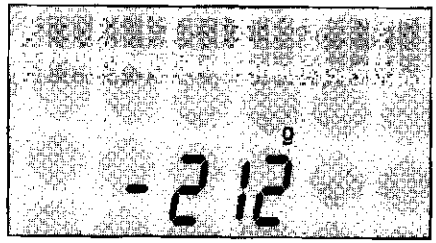
1. Place the empty bowl or plate on the platform.



2. Press **ON/ZERO** to zero the weight of the bowl.

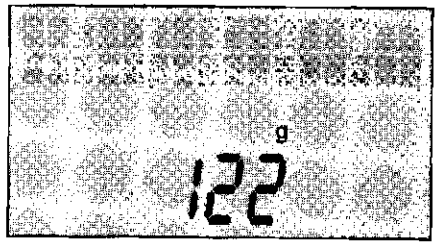


3. If you remove your bowl from the platform, the scale will show a negative weight. This is to remind you that the weight has been adjusted to remove the weight of the bowl.

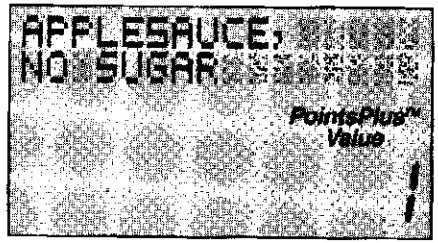


Place the bowl back on the platform to get back to a 0 g reading.

4. Place food in bowl to get the weight of the food without the bowl.



5. To get the ***PointsPlus*** value of the food, use the keypad to enter the food name, and press **ENTER**. Then press ***PointsPlus*** button (see **FINDING THE *PointsPlus* VALUE OF A FOOD** on page 7).



6. Press **CE** to weigh another food.

USING *RECIPE BUILDER* TO CALCULATE *PointsPlus*™ VALUES FOR A RECIPE

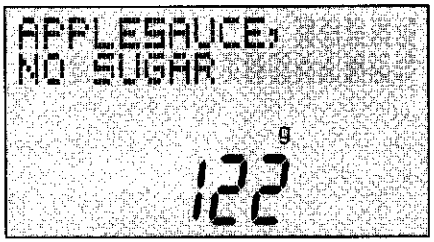
Use this function to find the ***PointsPlus*** value of a recipe. *RECIPE BUILDER* will save the information for each ingredient so that you can calculate the total ***PointsPlus*** value of a recipe. If you plan to place all of the ingredients in one bowl, remember to zero the weight of the bowl first by placing it on the scale, and then pressing **ON/ZERO**. You can also build your recipe by placing one item at a time directly on the platform and then taking it off after you add it.

You can add foods listed in the database, as well as foods not included the database, when protein, carbohydrates, total fat and fiber grams are known.

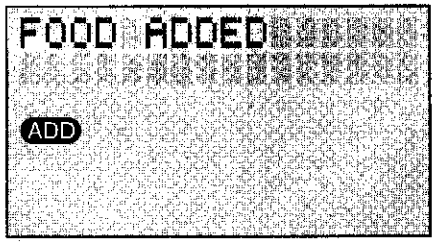
You can add a maximum of 10 ingredients per recipe.

Adding Foods to Your Recipe

1. To weigh the first food, place it on the platform (or in the bowl after you have zeroed its weight). Use the keypad and arrows to enter the name of the food. Press the ***PointsPlus*** button to see the ***PointsPlus*** value of the food, or press **ADD** to build your recipe.

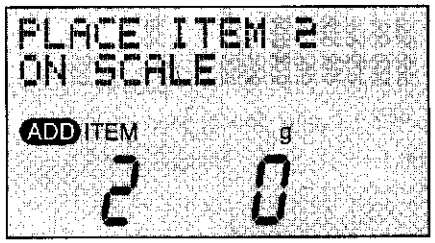


2. When you press **ADD**, the screen will flash "FOOD ADDED," to confirm that the food information is stored in memory.

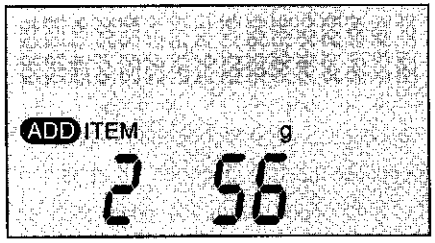


3. The scale is ready for you to add your second item to the recipe.

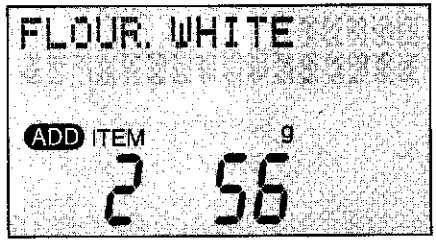
NOTE: While you are working in the *RECIPE BUILDER* mode, the ADD icon to the left of the screen will be displayed. The item number will also be displayed.



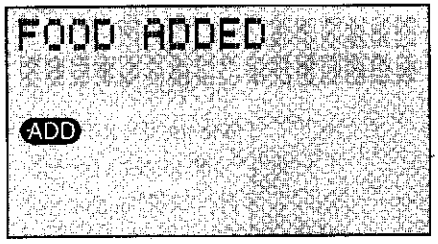
4. To add your second food to the recipe, place it on the scale.

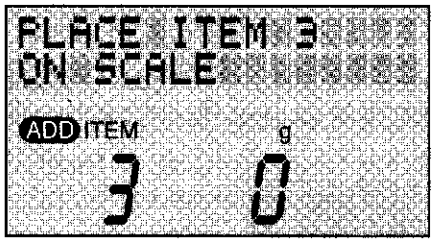


5. Use the keypad and/or arrows to enter the name of your second food.

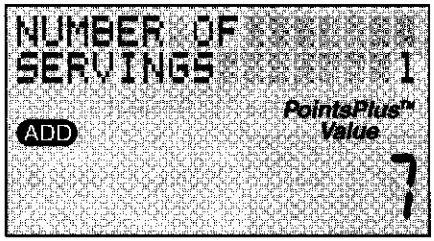


6. Press **ADD** to confirm entry. "FOOD ADDED" will flash, and your scale will be ready for you to add your third food to the recipe.

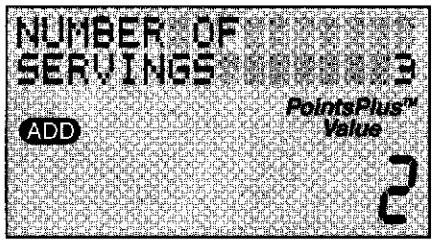




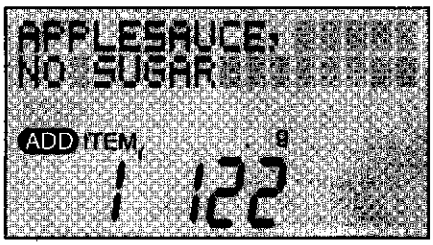
7. You can repeat this process for up to 10 ingredients. At any time, you can view the running ***PointsPlus***™ value. Simply press ***PointsPlus*** button, and the scale will display the current ***PointsPlus*** value.



8. To continue building your recipe, press **ADD** and repeat the process for each new item. You can change the number of servings that your recipe makes by pressing the arrow buttons. The scale will calculate the ***PointsPlus*** value per serving.



9. While you are in the *RECIPE BUILDER* mode, you can scroll through the foods that you have added to your recipe at any time. To view each individual item that you added to the recipe, press **ADD** and use the arrows to scroll up and down. Press **ADD** again to continue adding ingredients.

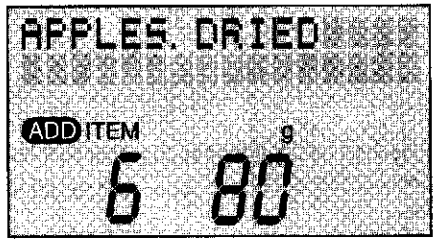


To view the ***PointsPlus*** value of each item, press the ***PointsPlus*** button, and use the arrow keys to scroll through the list. Press **ADD** to continue adding ingredients.

NOTE: While in *RECIPE BUILDER* mode, you can press **ADD** at any time to switch between viewing the individual items and the total for the recipe.

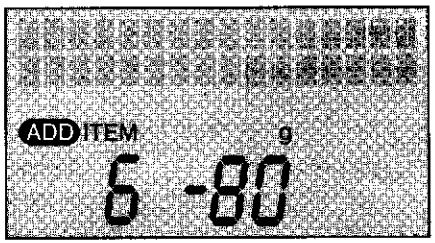
Clearing a Food from Your Recipe

1. If you would like to delete a food from your recipe, use the arrows to get to the food you want to clear.



2. Press **CE** and the screen will display:

3. Press **ENTER** to confirm that you want to clear the food from your recipe. (Press **CE** if you want to continue with your recipe without clearing the item). The food will be deleted from the recipe. Since the ***PointsPlus*** value information of the deleted food is no longer included in the recipe, remember to remove the food from the bowl or dish.

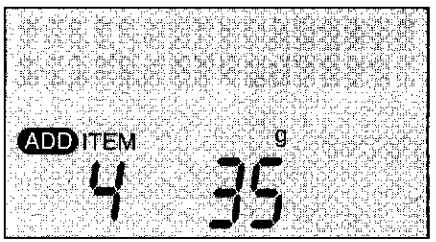


4. A minus sign will show after the item has been removed from the bowl or dish. The foods will automatically be renumbered in the recipe list. To continue adding more ingredients to your recipe, place food on scale and use the keypad to enter the food name.

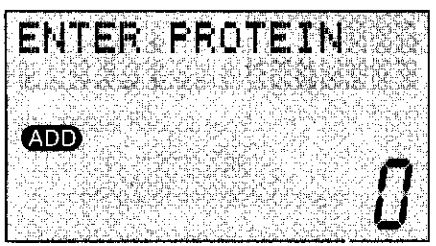
Adding Foods to Your Recipe that are Not Included in the Scale

You will need to know the total protein, total carbohydrates, total fat, dietary fiber and serving size in grams. This will work best for packaged foods.

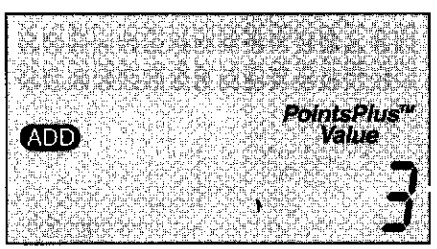
1. Place the item on the scale.



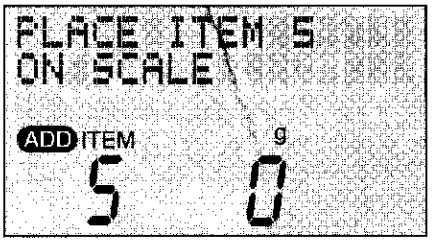
2. Instead of using the keypad to enter a food name (as you would with a food included in the database), press **INPUT**.



3. Follow the screen prompts to enter the protein, carbohydrates, total fat, fiber, and serving size in grams (see **CALCULATING *PointsPlus*™ VALUES OF PACKAGED FOODS** on page 16). The ***PointsPlus*** value of the food will show on the screen.



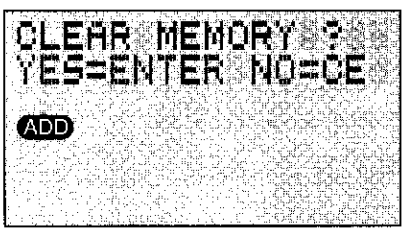
4. Press **ADD** to add this food to your recipe. You can continue adding foods to your recipe by placing the next item on the scale.



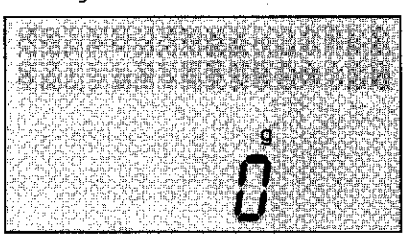
5. When your recipe is complete, press the ***PointsPlus*** button to view total ***PointsPlus*** value, and to adjust number of servings.

Clearing the *RECIPE BUILDER* Memory

1. To clear the *RECIPE BUILDER* memory, press and hold the **CE** button for 5 seconds. You need to clear the *RECIPE BUILDER* memory to return to weighing and calculating ***PointsPlus*** values for single items.
2. The screen will display:



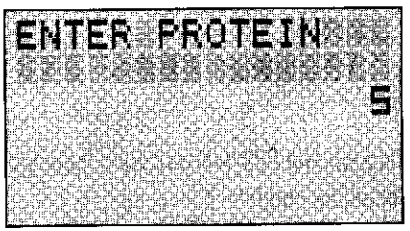
3. Press **ENTER** to confirm that you want to clear the recipe from memory. (Press **CE** if you want to continue in the *RECIPE BUILDER* mode.)
4. The scale will return to simple weighing mode. Press **ON/ZERO** to zero the weight.



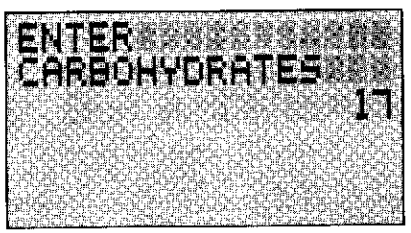
CALCULATING *PointsPlus*™ VALUES OF PACKAGED FOODS

To Calculate *PointsPlus* Values:

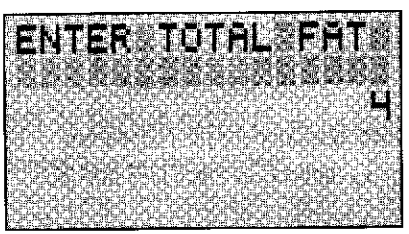
1. Press **INPUT**. Enter grams of total protein per serving, and press **ENTER**.



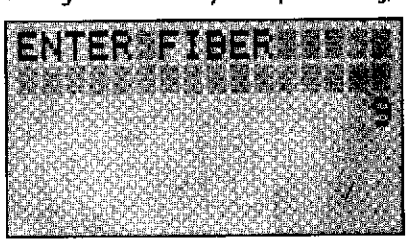
2. Enter grams of total carbohydrates per serving, and press **ENTER**.



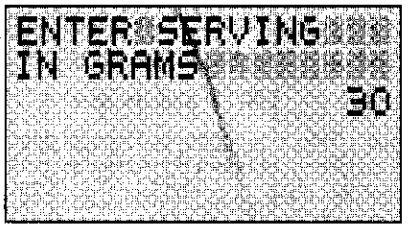
3. Enter grams of total fat per serving, and press **ENTER**.



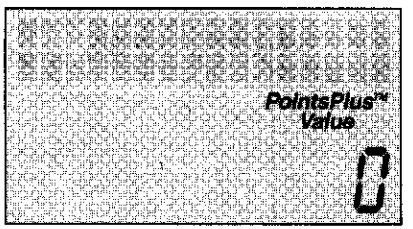
4. Enter grams of dietary fiber per serving, and press **ENTER**.



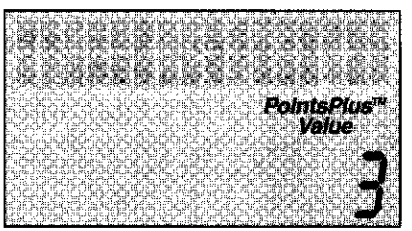
5. Enter serving size in grams, and press **ENTER**.



6. The ***PointsPlus*** value will display a zero until you place the food on the scale.

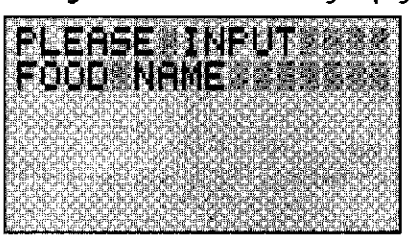


7. To find the ***PointsPlus*** value of that food, place the food on the scale.

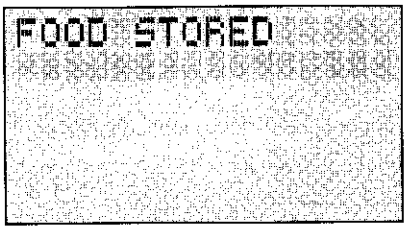


Saving Your Favorite Packaged Foods

1. You can save up to 10 of your favorite foods in memory. Complete steps 1 through 6 from the **Calculating *PointsPlus* values from Packaged Foods** section starting on page 16. Press **INPUT**.

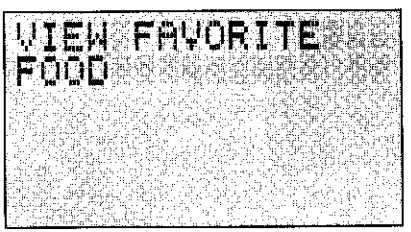


2. Use the keypad to input your food name and press **ENTER** to save.

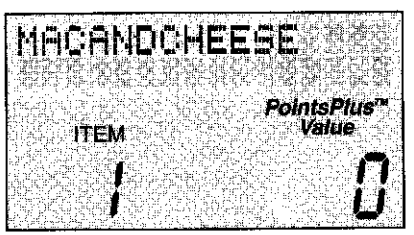


Getting the *PointsPlus*™ Values for the Portions of Favorite Foods that you Weigh

1. Press **RECALL** to view your favorite foods stored in memory.

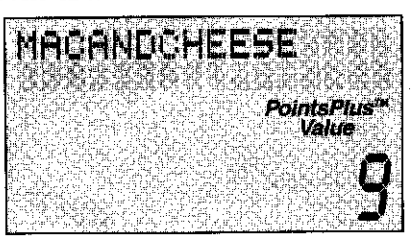


2. Press **ENTER**. Use arrows to scroll to the food you are looking for. Press **ENTER** to select.



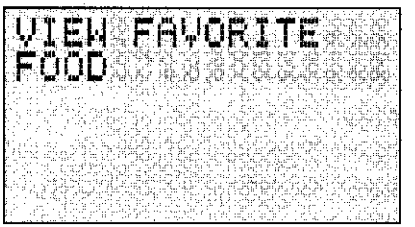
Getting the *PointsPlus* Values for the Portions You Weigh

1. Place the food on scale to see the ***PointsPlus*** value for that portion. Press **CE** to return to the favorite food item.

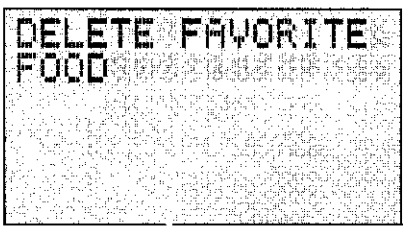


Deleting a Favorite Food from Memory

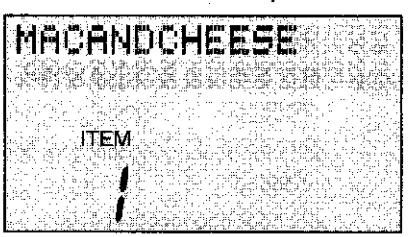
If there are already 10 favorite foods stored in memory, the scale will display "MEMORY FULL" when you try to enter another favorite food. You will need to delete an item to make room for your new entry. Press **RECALL**.



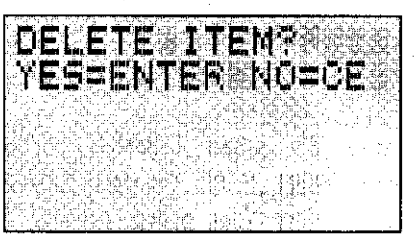
1. Use the arrow button to scroll down to enter DELETE mode.



2. Press **ENTER** to view the favorite foods saved in memory, and use the arrows to scroll to the food you would like to delete.



3. Press **ENTER** to delete the item. Press **ENTER** again to confirm deletion, or press **CE** to cancel the deletion.



FOOD LIST

On the ***PointsPlus***™ program, fruits and most vegetables are assigned a ***PointsPlus*** value of 0 per serving, as they contribute to healthfulness and help reduce hunger while following the plan. Any time the scale shows a ***PointsPlus*** value higher than 0 for these foods, they should be counted as 0. The exception to this is when the *RECIPE BUILDER* function is being used, which uses the nutritional content per serving of fruits and vegetables to determine the ***PointsPlus*** value, rather than the assigned ***PointsPlus*** value of 0. To find out which fruits and vegetables count as 0 ***PointsPlus*** values, check your Program materials, Companion guide, or WeightWatchers.com.

ALMONDS
APPLE(S), DRIED
APPLE(S), FRESH
APPLESAUCE, NO SUGAR
APRICOT(S), FRESH
APRICOTS, DRIED
ARTICHOKES, HEARTS, CANNED, NO OIL
ARTICHOKES, HEARTS, COOKED
ARTICHOKES, MARINATED
ASPARAGUS, COOKED
AVOCADO, RAW
BACON, CANADIAN-STYLE, COOKED
BACON, COOKED
BANANA(S)
BARLEY, COOKED
BEANS, BAKED, CANNED
BEANS, BLACK, COOKED
BEANS, CANNELLINI, CANNED
BEANS, GARBANZO, CANNED
BEANS, GREEN, COOKED
BEANS, KIDNEY, COOKED
BEANS, LIMA, COOKED
BEANS, NAVY, COOKED
BEANS, PINTO, COOKED
BEANS, REFRIED, CANNED
BEANS, REFRIED, FAT FREE, CANNED
BEANS, SOY, COOKED
BEANS, WHITE, COOKED
BEEF BRISKET, COOKED
BEEF CORNED, COOKED
BEEF FILET MIGNON, COOKED
BEEF FILET MIGNON, TRIMMED, COOKED
BEEF FLANK STEAK, COOKED
BEEF FLANK STEAK, LEAN, COOKED
BEEF GROUND, 80% LEAN/20% FAT, COOKED
BEEF GROUND, 85% LEAN/15% FAT, COOKED
BEEF GROUND, 90% LEAN/10% FAT, COOKED
BEEF GROUND, 95% LEAN/5% FAT, COOKED
BEEF KC STRIP, TRIMMED, COOKED
BEEF LIVER, COOKED
BEEF NY STEAK, TRIMMED, COOKED
BEEF PORTERHOUSE, TRIMMED, COOKED
BEEF RIB EYE, TRIMMED, COOKED
BEEF SIRLOIN, TRIMMED, COOKED
BEEF STEAK, OTHER, COOKED
BEEF STEAK, REGULAR, COOKED
BEEF STRIP, SIRLOIN COOKED
BEEF T-BONE, TRIMMED, COOKED
BEEF TENDERLOIN, TRIMMED, COOKED
BEETS, CANNED
BLACKBERRIES
BLUEBERRIES, FRESH
BOLOGNA, BEEF OR PORK
BREAD CRUMBS DRIED, PLAIN
BREAD CRUMBS DRIED, SEASONED
BREAD, ANY TYPE
BREAD, FOCACCIA, STORE-BOUGHT
BREAD, HIGH FIBER, ≥3G PER SLICE
BREAD, REDUCED-CALORIE, ANY TYPE
BREAD, WHOLE WHEAT
BREADSTICKS, ANY TYPE
BROCCOLI, COOKED
BRUSSELS SPROUTS, COOKED
BULGUR, COOKED
BUTTER, WHIPPED
CABBAGE, ALL VARIETIES
CANTALOUPE
CARAWAY SEEDS
CARROTS, COOKED
CARROTS, RAW
CASHEWS
CAULIFLOWER, COOKED
CAULIFLOWER, RAW
CELERY, RAW
CEREAL, HOT, CREAM OF RICE
CEREAL, HOT, CREAM OF WHEAT
CEREAL, HOT, FARINA, COOKED
CEREAL, HOT, GRITS, CORN, COOKED
CEREAL, HOT, OATMEAL, COOKED
CEREAL, HOT, OATMEAL, FLAVORED
CEREAL, HOT, OATMEAL, INSTANT, PLAIN
CEREAL, READY-TO-EAT, ANY TYPE
CEREAL, READY-TO-EAT, FROSTED
CEREAL, READY-TO-EAT, GRANOLA
CEREAL, READY-TO-EAT, GRANOLA, LOW-FAT
CEREAL, READY-TO-EAT, NUGGETS
CEREAL, READY-TO-EAT, RAISIN BRAN
CEREAL, READY-TO-EAT, RICE, PUFFED
CEREAL, READY-TO-EAT, SHREDDED WHEAT
CHARD, SWISS COOKED
CHEESE, COTTAGE, FAT FREE
CHEESE, COTTAGE, LOW-FAT (1%)
CHEESE, COTTAGE, REDUCED-FAT (2%)
CHEESE, COTTAGE, REGULAR (4%)
CHEESE, CREAM, FAT FREE
CHEESE, CREAM, REGULAR
CHEESE, CREAM, SOY
CHEESE, CREAM, WHIPPED
CHEESE, FETA
CHEESE, HARD OR SEMISOFT, FAT FREE
CHEESE, HARD OR SEMISOFT, LOW-FAT
CHEESE, HARD OR SEMISOFT, REG.
CHEESE, JACK, SHREDDED, REDUCED-FAT
CHEESE, MEXICAN, SHREDDED, REDUCED-FAT
CHEESE, MOZZARELLA, SHREDDED, REDUCED-FAT
CHEESE, NEUFCHATEL, REDUCED-FAT

CHEESE, PARMESAN
CHEESE, POT
CHEESE, RICOTTA, FAT FREE
CHEESE, RICOTTA, PART SKIM
CHEESE, RICOTTA, WHOLE MILK
CHERRIES, DRIED
CHERRIES, FRESH
CHICKEN BREAST, COOKED WITH SKIN & BONE
CHICKEN BREAST, COOKED WITH SKIN, NO BONE
CHICKEN BREAST, COOKED WITH NO SKIN, WITH BONE
CHICKEN, CANNED
CHICKEN, DARK MEAT, COOKED
CHICKEN, DRUMSTICK, COOKED WITH SKIN, NO BONE
CHICKEN, DRUMSTICK, COOKED WITH NO SKIN OR BONE
CHICKEN, GROUND, 93% LEAN, COOKED
CHICKEN, LIGHT MEAT, COOKED
CHICKEN, LIVER, COOKED
CHICKEN, THIGH, COOKED WITH SKIN, NO BONE
CHICKEN, THIGH, COOKED WITH NO SKIN & BONE
CLEMENTINE
COLESLAW
CORN BREAD
CORN, BABY (EARS)
CORN, KERNELS, COOKED
CORN ON THE COB
CORNMEAL, COOKED
COUSCOUS, SEMOLINA, COOKED
CRANBERRIES, DRIED
CRANBERRIES, FRESH
CRANBERRY SAUCE, CANNED
CREAM, SOUR, FAT FREE
CREAM, SOUR, LIGHT
CREAM, SOUR, REGULAR
CREAM, WHIPPED, NO SUGAR, HOMEMADE
CREAM, WHIPPED, AEROSOL
CREAM, WHIPPED, FROZEN
CREAMER, NONDAIRY, POWDER
CROUTONS, PACKAGED, FAT FREE
CROUTONS, PACKAGED, REGULAR
CUCUMBER
CURRANTS, DRIED
CURRANTS, FRESH
DATES, DRIED
DATES, FRESH
DUCK, DOMESTIC, COOKED WITH SKIN
DUCK, DOMESTIC, COOKED, NO SKIN
EDAMAME, IN PODS
EDAMAME, SHELLED
EGG SUBSTITUTE, FAT FREE
EGG SUBSTITUTE, REGULAR
EGG WHITES
EGG(S)
EGGPLANT, COOKED
ENDIVE
ESCAROLE
FALAFEL, PATTIES
FISH, ANCHOVY, CANNED IN OIL, DRAINED
FISH, BASS STRIPED, COOKED
FISH, CATFISH COOKED
FISH, COD COOKED
FISH, GEFILTE
FISH, HALIBUT COOKED
FISH, HERRING COOKED

FISH, HERRING IN CREAM SAUCE, STORE BOUGHT
FISH, LOX
FISH, SALMON, FARMED, COOKED
FISH, SALMON, CANNED, DRAINED
FISH, SARDINES, CANNED IN OIL, DRAINED
FISH, SEA BASS, COOKED
FISH, SNAPPER, COOKED
FISH, SOLE, COOKED
FISH, SWORDFISH,COOKED
FISH, TILAPIA, COOKED
FISH, TROUT, COOKED
FISH, TUNA, CANNED IN OIL, DRAINED
FISH, TUNA, IN WATER, DRAINED
FISH, TUNA, COOKED
FLOUR, WHOLE WHEAT
FLOUR, WHITE
FRANKFURTER, BEEF OR PORK, FAT FREE
FRANKFURTER, BEEF OR PORK, LIGHT
FRANKFURTER, BEEF OR PORK, REGULAR
FRANKFURTER, CHICKEN
FRANKFURTER, TURKEY
FRANKFURTER, TURKEY, FAT FREE
FRANKFURTER, TURKEY, LIGHT
FRENCH FRIES, FROZEN
FRUIT BUTTER
FRUIT, DRIED, MIXED
FRUIT SALAD, CANNED IN WATER
FUDGE
GELATIN, FRUIT-FLAVORED
GELATIN, SUGAR FREE, FLAVORED
GIARDENIERA, NO OLIVES
GRAPEFRUIT
GRAPES
GREENS, COLLARD, COOKED
GREENS, KALE, COOKED
GREENS, MUSTARD, COOKED
GREENS, TURNIP, COOKED
GUACAMOLE
HAM, COOKED, LEAN
HAM, COOKED, REGULAR
HEARTS OF PALM
HONEY
HONEYDEW MELON
HUMMUS
ICE CREAM, FAT FREE WITH SUGAR
ICE CREAM, FAT FREE, NO SUGAR
ICE CREAM, LIGHT WITH SUGAR
ICE CREAM, LIGHT, WITHOUT SUGAR
ICE CREAM, PREMIUM
ICE CREAM, REGULAR
JAM
JELLY
JERUSALEM ARTICHOKES
JICAMA, RAW
KASHA (BUCKWHEAT GROATS), COOKED
KETCHUP
KIWIFRUIT
KNISH, POTATO, STORE-BOUGHT
KNOCKWURST
LAMB, LEG, COOKED
LAMB, LEG, COOKED, TRIMMED
LAMB, LOIN, COOKED
LAMB, LOIN, COOKED, TRIMMED
LAMB, REGULAR, COOKED

LAMB, SHOULDER, COOKED
LEEKS, COOKED
LENTILS, COOKED
LETTUCE, ANY TYPE
LIVER PATE
MAC & CHEESE, MIX, PREPARED
MACARONI SALAD
MACARONI, COOKED
MACARONI, WHOLE WHEAT, COOKED
MANDARIN ORANGES
MANGO
MARGARINE, FAT FREE
MARGARINE, REDUCED-CALORIE
MATZO
MATZO BRIE
MAYONNAISE, FAT FREE
MAYONNAISE, REDUCED-CALORIE
MAYONNAISE, REGULAR
MELBA TOAST
MILK CHOCOLATE CHIPS
MOLASSES
MUFFIN, ANY TYPE
MUFFIN, ANY TYPE, STORE BOUGHT
MUFFIN, ENGLISH, ANY TYPE
MUFFIN, FAT FREE, STORE BOUGHT
MUSHROOMS, CANNED
MUSHROOMS, COOKED
MUSHROOMS, DRIED
MUSHROOMS, FRESH
NECTARINE
NOODLES, CELLOPHANE, COOKED
NOODLES, EGG, COOKED
NOODLES, JAPANESE, SOBA, COOKED
NOODLES, RICE, COOKED
NUTS, BRAZIL
NUTS, HAZELNUTS
NUTS, MACADAMIA, SHELLED
NUTS, MIXED, SHELLED
NUTS, PECANS
NUTS, PIGNOLIAS (PINE NUTS)
NUTS, PISTACHIOS, SHELLED
OAT BRAN, COOKED
OATS, ROLLED
OLIVES
ONION(S), UNCOOKED
ONIONS, FROZEN, CHOPPED, COOKED
ONIONS, FLAKES
ORANGE(S)
ORANGE, SECTIONS
PAPAYA, FRESH
PARSNIPS, COOKED
PASTA, COOKED
PASTA, WHOLE WHEAT, COOKED
PASTRAMI, BEEF
PASTRAMI, MADE FROM TURKEY
PEACH
PEACHES, CANNED, UNSWEETENED
PEANUT BUTTER
PEANUTS
PEANUTS, CHOCOLATE-COVERED
PEAR(S)
PEARS, CANNED WITHOUT SUGAR
PEAS, BLACK-EYED, COOKED
PEAS, GARBANZO, CHICK COOKED
PEAS, GREEN COOKED
PEAS, SNOW
PEAS, SUGAR SNAP
PEPPER, GREEN
PEPPERONI
PEPPERS, RED ROASTED
PERSIMMON

PHYLLO DOUGH
PICKLES, SWEET
PICKLES, WITHOUT SUGAR (DILL)
PICO DE GALLO
PIE CRUST, ANY TYPE
PIE FILLING, CANNED, FRUIT
PIE FILLING, FRUIT-FLAVORED, LIGHT, CANNED
PIMIENTOS, CANNED
PINEAPPLE, CANNED, IN JUICE
PINEAPPLE, CANNED, WITHOUT SUGAR
PINEAPPLE, FRESH
PITA, WHITE
PLANTAIN, BAKED OR BOILED
PLUM(S)
POLENTA, DRY
POMEGRANATES
POPCORN, BUTTER FLAVORED, POPPED
POPCORN, LIGHT, BUTTER, POPPED
POPCORN, LIGHT, MICROWAVE POPPED
POPCORN, PLAIN, MICROWAVE POPPED
POPCORN, 94% FAT FREE, MICROWAVE POPPED
PORK, CENTER LOIN, LEAN, COOKED
PORK, LEG, TRIMMED, COOKED
PORK, LOIN, TRIMMED, COOKED
PORK, SHOULDER, LEAN, COOKED
PORK, SIRLOIN, COOKED
PORK, SIRLOIN, LEAN, COOKED
PORK, TENDERLOIN, LEAN, COOKED
PORK, TOP LOIN, LEAN, COOKED
POTATO FLAKES, DRY
POTATO SALAD
POTATO, SWEET, COOKED
POTATO, WHITE OR RED, COOKED
PRESERVES
PRETZEL RODS
PRETZEL TWISTS
PRETZELS, SOFT
PRUNES
PUDDING, READY-MADE, REDUCED-CALORIE
PUDDING, RICE
PUDDING, VANILLA MIX WITH WHOLE MILK
PUMPKIN SEEDS
PUMPKIN, CANNED
RADISHES
RAISINS
RAISINS, CHOCOLATE-COVERED
RAISINS, YOGURT-COVERED
RASPBERRIES
RICE, BROWN, COOKED
RICE, WHITE, COOKED
RICE, WHITE, LONG GRAIN, INSTANT, COOKED
SALAD, EGG
SALAD, MACARONI, STORE-BOUGHT
SALAD, SALMON, STORE-BOUGHT
SALAD, SEAFOOD, STORE-BOUGHT
SALAD, THREE-BEAN
SALAD, THREE-BEAN, CANNED, NO OIL
SALSA, BLACK BEAN & CORN
SALSA, FAT FREE
SAUCE, BARBECUE
SAUCE, BECHAMEL (WHITE)
SAUCE, BROWN, CHINESE
SAUCE, CHEESE, READY-TO-SERVE
SAUCE, CHEESE, STORE BOUGHT

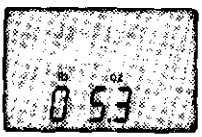
SAUCE, COCKTAIL, STORE-BOUGHT
SAUCE, HOISIN
SAUCE, HORSERADISH
SAUCE, MOLE, STORE-BOUGHT, BROWN
SAUCE, PEPPER OR HOT
SAUCE, PLUM
SAUCE SLOPPY JOE, STORE-BOUGHT
SAUCE, STEAK
SAUCE, TACO
SAUCE, TAHINI
SAUCE, TAMARI
SAUCE, TARTAR
SAUCE, TARTAR, FAT FREE
SAUCE, TERIYAKI
SAUCE, WORCESTERSHIRE
SAUERBRATEN
SAUERKRAUT
SAUSAGE, BEEF OR PORK, COOKED
SAUSAGE, CHICKEN, COOKED
SAUSAGE, CHORIZO
SAUSAGE, ITALIAN, PORK, COOKED
SCALLIONS
SESAME SEEDS
SHALLOTS, RAW
SHELLFISH, CLAM, CANNED
SHELLFISH, CLAM, COOKED
SHELLFISH, CONCH, CRACKED
SHELLFISH, CRAB, IMITATION
SHELLFISH, CRAB MEAT, CANNED
SHELLFISH, CRAB MEAT, COOKED
SHELLFISH, CRAYFISH, COOKED
SHELLFISH, LOBSTER, COOKED
SHELLFISH, MUSSEL, COOKED
SHELLFISH, OYSTER, CANNED
SHELLFISH, OYSTER, COOKED
SHELLFISH, SCALLOPS, COOKED
SHELLFISH, SCALLOPS, FRIED, FROZEN
SHELLFISH, SHRIMP, CANNED
SHELLFISH, SHRIMP, COOKED
SHERBET
SHORTENING
SHRIMP SALAD
SHUMAI, FRIED
SHUMAI, STEAMED
SORBET, ANY FLAVOR
SOY BURGER
SOY CHEESE, FAT FREE
SOY CHEESE, REGULAR
SOY YOGURT, FLAVORED
SOY YOGURT, PLAIN
SOYBEAN NUTS
SPAGHETTI SAUCE, JAR ANY TYPE
SPAGHETTI SAUCE, JAR LOW-FAT
SPAGHETTI, COOKED
SPAGHETTI, WHOLE WHEAT, COOKED
SPINACH, COOKED
SPINACH, UNCOOKED
SPROUTS, ALFALFA
SPROUTS, BEAN
SQUASH, SPAGHETTI, COOKED
SQUASH, SUMMER, COOKED
SQUASH, BUTTERNUT, COOKED
SQUID, COOKED
STRAWBERRIES, FRESH
STUFFING, BREAD, FROM MIX PREPARED
SUGAR, BROWN
SUGAR, POWDERED
SUGAR, WHITE
SUNFLOWER SEEDS

TABOULI
TANGERINE
TOFU, FIRM, REGULAR
TOFU, LITE, FIRM
TOFU, LOW-FAT
TOFU, SOFT, REGULAR
TOMATO PASTE, CANNED
TOMATO PUREE, CANNED
TOMATO SAUCE, CANNED
TOMATO SAUCE, ITALIAN
TOMATOES, CANNED
TOMATOES, CANNED, STEWED
TOMATOES, DRIED, NOT IN OIL
TOMATOES, FRESH
TORTILLA, CORN
TORTILLA, FLOUR
TORTILLA, FLOUR, FAT FREE
TORTILLA, WHOLE WHEAT
TUNA SALAD, STORE-BOUGHT
TURKEY BREAST, COOKED WITH SKIN
TURKEY, DARK MEAT, NO SKIN
TURKEY, LIGHT MEAT, NO SKIN
TURKEY, GROUND REGULAR, COOKED
TURKEY, LEG COOKED WITH SKIN
TURKEY, ROASTED, LIGHT & DARK MEAT
TURNIPS, COOKED
VEAL, BREAST, TRIMMED, COOKED
VEAL, GROUND, COOKED
VEAL, LOIN, TRIMMED, COOKED
VEAL, SHOULDER, TRIMMED, COOKED
VEAL, SIRLOIN, COOKED
VEAL, SIRLOIN, TRIMMED, COOKED
VEGETABLES, STIR FRY, NO SAUCE
VEGETARIAN BREAKFAST LINK
VEGETARIAN BREAKFAST PATTY
VEGETARIAN BREAKFAST STRIPS
VEGGIE BURGER, FAT FREE, FROZEN
VEGGIE BURGER, FROZEN
WALNUTS
WATER CHESTNUTS, CANNED
WATERMELON
WHEAT GERM
YAM, COOKED
YOGURT, FAT FREE, FLAVORED WITH SUGAR
YOGURT, FAT FREE, FRUIT-FLAVORED, WITH SUGAR
YOGURT, FAT FREE, PLAIN
YOGURT, FROZEN, FAT FREE, NO SUGAR
YOGURT, FROZEN, FAT FREE, WITH SUGAR
YOGURT, FROZEN, LOW-FAT
YOGURT, LIGHT, ARTIFICIALLY SWEETENED
YOGURT, LOW-FAT, PLAIN
YOGURT, LOW-FAT WITH SUGAR, FLAVORED
YOGURT, LOW-FAT, WITH SUGAR, FRUIT-FLAVORED
YOGURT, PLAIN, WHOLE MILK
ZUCCHINI, COOKED

WeightWatchers®

Weighing your favorite foods and getting their *PointsPlus*™ values couldn't be easier!

WEIGHING YOUR FOOD



Put your food on the scale to get its weight

GETTING *PointsPlus* VALUES

1. Using the keypad, enter the first few letters of the food. Press **ENTER**

2. Use arrows to scroll through food database

3. When you get to the food you are looking for, place food on the scale

4. After placing the food on the scale, press ***PointsPlus*** button

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